

May 2026

Richmond Heights Senior Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00 Coffee, Chronicles & Clouds 10:00 Sunny Stroll and Sit 11:00 Chair Exercise with Weights 1:00 Tour of the Historical Library 2:30 Presentation with the Fire Department of Richmond Heights 3:30 Mahjong 3:30 Marty Supreme	9:00 Coffee Chronicles & Clouds 10:00 Sunny Stroll and Sit 10:30 Balloon Exercise 11:00 Take home activity packet 1:00 Karaoke 2:00 Poker Resident-Led 3:00 Kentucky Derby Watch Party
9:00 Coffee, Chronicles & Clouds 10:00 Sunny Stroll and Sit 10:30 Catholic Mass 11:00 Chair Exercise with Weights 11:00 Whiteboard games 1:00 Bistro Games (Resident-Led) 2:00 Chess Club 2:00 Trivia 3:00 A Beautiful Day in the Neighborhood	9:00 Coffee, Chronicles & Clouds 10:00 Sunny Stroll and Sit 11:00 Documentary: Can Dogs Talk? 1:00 Mothers Day Glam Shots 2:30 Therapy Exercise Circle 3:00 Art/Craft Fiesta Flowers 3:00 Opera Club: Tchaikovsky, Pique Dame Queen of Spades	9:00 Coffee Chronicles & Clouds 10:00 Sunny Stroll and Sit 11:00 Library visit with Jacob 1:00 Baking Club: Mexican Wedding Cookies 2:00 Prize B-I-N-G-O 3:00 Mexican Salsa 4:00 Technology Tuesday with Tricia	9:00 Coffee Chronicles & Clouds 10:00 Sunny Stroll and Sit 10:30 Mass & Communion 11:15 Devotional Service 1:00 Garden Club 1:30 Ice Cream Social 2:00 Vitality Yoga 3:00 Happy Hour + Live Music with Lamar Pilsing 4:00 Book Club	9:00 Java with Jeremy 10:00 Tai Chi 11:00 Sunny Stroll and Sit 1:00 Balloon Exercise 2:00 Prize B-I-N-G-O 3:00 Thirsty Thursday Trivia 4:00 Card Game: Pit	9:00 Coffee, Chronicles & Clouds 10:00 Sunny Stroll and Sit 11:00 Therapy Exercise Circle 11:30 Lunch Outing: Favazza's on the Hill 3:30 Food Committee Meeting 4:00 Wii Games	9:00 Coffee Chronicles & Clouds 10:00 Sunny Stroll and Sit 10:30 Balloon Exercise 11:00 Take home activity packet 1:00 Karaoke 2:00 Poker Resident-Led 3:00 Back to the Future
9:00 Coffee, Chronicles & Clouds 10:00 Sunny Stroll and Sit 10:30 Catholic Mass 11:00 Chair Exercise with Weights 11:00 Whiteboard games 1:00 Bistro Games (Resident-Led) 1:00 Flowers & Frames: A Mother's Day Workshop 1:30 Chess Club 3:00 Mrs Doubtfire	9:00 Coffee, Chronicles & Clouds 10:00 Sunny Stroll and Sit 11:00 Documentary: Hunt for the Oldest DNA 1:00 Shopping Trip: Schnucks 2:30 Therapy Exercise Circle 3:00 Art/Craft: Japanese Cherry Blossom Trees 3:30 Becoming Jane	9:00 Coffee Chronicles & Clouds 10:00 Sunny Stroll and Sit 11:00 Chair Exercise with Resistance Bands 1:00 Baking Club: Cherry Cobbler 2:00 Prize B-I-N-G-O 3:00 One Battle After Another 4:00 Technology Tuesday with Tricia	9:00 Coffee Chronicles & Clouds 10:00 Sunny Stroll and Sit 10:30 Mass & Communion 11:15 Devotional Service 1:00 Garden Club 1:30 Ice Cream Sundae Social 2:00 Vitality Yoga 3:00 Happy Hour + Live Music with Dan Hoerle	9:00 Java with Jeremy 10:00 Tai Chi 11:00 Sunny Stroll and Sit 1:00 Balloon Exercise 2:00 Prize B-I-N-G-O 3:00 Thirsty Thursday Trivia 4:00 Board Game: Hues and Cues	9:00 Coffee, Chronicles & Clouds 10:00 Sunny Stroll and Sit 11:00 Therapy Exercise Circle 1:00 Botanical Gardens 3:00 Mahjong 3:30 The Way We Were 4:00 Wii Games	9:00 Coffee Chronicles & Clouds 10:00 Sunny Stroll and Sit 10:30 Balloon Exercise 11:00 Take home activity packet 1:00 Karaoke 2:00 Poker Resident-Led 3:00 Footloose
9:00 Coffee, Chronicles & Clouds 10:00 Sunny Stroll and Sit 10:30 Catholic Mass 11:00 Chair Exercise with Weights 11:00 Whiteboard games 1:00 Bistro Games (Resident-Led) 2:00 Chess Club 2:00 Trivia 3:00 America's Last Little Italy The Hill	9:00 Coffee, Chronicles & Clouds 10:00 Sunny Stroll and Sit 11:00 Documentary: Decoding da Vinci 1:00 Shopping Trip: Schnucks 2:30 Therapy Exercise Circle 3:00 Art/Craft: Lei Making 3:00 Opera Club: Mendelssohn	9:00 Coffee Chronicles & Clouds 10:00 Sunny Stroll and Sit 11:00 Seated Hula Dance Tutorial 1:00 Baking Club: Pineapple Upside Down Cupcakes 2:00 Prize B-I-N-G-O 3:00 Musical: South Pacific 4:00 Technology Tuesday with Tricia	9:00 Coffee Chronicles & Clouds 10:00 Sunny Stroll and Sit 10:30 Mass & Communion 11:15 Devotional Service 1:00 Garden Club 1:30 Hawaiian Mocktail Social 2:00 Vitality Yoga 3:00 Happy Hour + Live Music with Chad Evans	9:00 Java with Jeremy 10:00 Tai Chi 11:00 Welcome to Hawaii 1:00 Hula Paradise Party 2:00 Prize B-I-N-G-O 3:00 Kona Ice 5:30 Poker	9:00 Coffee, Chronicles & Clouds 10:00 Sunny Stroll and Sit 11:00 Therapy Exercise Circle 1:00 Scenic Bus Ride thru Forest Park + Ted Drews 3:00 Activity Planning Meeting 3:30 Breakfast at Tiffanys 4:00 Wii Games	9:00 Coffee Chronicles & Clouds 10:00 Sunny Stroll and Sit 10:30 Balloon Exercise 11:00 Take home activity packet 1:00 Karaoke 2:00 Poker Resident-Led 3:00 Overboard
9:00 Coffee, Chronicles & Clouds 10:00 Sunny Stroll and Sit 10:30 Catholic Mass 11:00 Chair Exercise with Weights 11:00 Whiteboard games 1:00 Bistro Games (Resident-Led) 2:00 Chess Club 2:00 Trivia 3:00 The Tuskegee Airman	9:00 Coffee, Chronicles & Clouds 10:00 Sunny Stroll and Sit 11:00 The Story of Arlington National Cemetery 1:00 Shopping Trip: Nail Salon 2:30 Therapy Exercise Circle 3:00 Honoring Our Heros 3:30 D-Day to Victory	9:00 Coffee Chronicles & Clouds 10:00 Sunny Stroll and Sit 11:00 Chair Exercise with Resistance Bands 1:00 Berry Sweet Demonstration 2:00 Prize B-I-N-G-O 3:00 The Shape of Water 4:00 Technology Tuesday with Tricia	9:00 Coffee Chronicles & Clouds 10:00 Sunny Stroll and Sit 10:30 Mass & Communion 11:15 Devotional Service 1:00 Grief Support & Reflection 1:30 Ice Cream Social + Meet New Residents 2:00 Vitality Yoga 3:00 Happy Hour + Live Music with Micah Turnbough	9:00 Java with Jeremy 10:00 Tai Chi 11:00 Sunny Stroll and Sit 1:00 Therapy Art: Watercolor 2:00 Prize B-I-N-G-O 3:00 How our brain works: Presentation with Fox Therapy 4:00 Board Game: Hues and Cues	9:00 Coffee, Chronicles & Clouds 10:00 Sunny Stroll and Sit 11:00 Therapy Exercise Circle 12:00 Monthly Birthday Celebration 1:00 St. Louis Zoo 3:30 Ambassador Meeting 4:00 Wii Games	9:00 Coffee Chronicles & Clouds 10:00 Sunny Stroll and Sit 10:30 Balloon Exercise 11:00 Take home activity packet 1:00 Karaoke 2:00 Poker Resident-Led 3:00 A Fine Step
9:00 Coffee, Chronicles & Clouds 10:00 Sunny Stroll and Sit 10:30 Catholic Mass 11:00 Chair Exercise with Weights 11:00 Whiteboard games 1:00 Bistro Games (Resident-Led) 2:00 Chess Club 2:00 Trivia 3:00 Sweet Home Alabama						

Outings/Events

- 5/1- Tour of Historical Library**
- 5/2- Derby Watch Party**
- 5/4- Glam Shots**
- 5/8- Lunch Outing**
- 5/10- Mothers Day Lunch**
- 5/15- Botanical Gardens**
- 5/22- Bus Ride**
- 5/21- Cruise to Hawaii**
- 5/28- Watercolor Painting Class**
- 5/29- Zoo**

Announcements

This month we have a variety of engaging activities planned. Please note that all activities are subject to change, so be sure to keep an eye on updates and announcements.

May 2026

Allegro Richmond Heights Memory Care



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<ul style="list-style-type: none"> 9:30 50's Music Friday (AR) 10:00 Crafting Corner: May Day Flowers (AR) 11:00 Golden Oldies Sing-Along (DR) 1:00 Family Feud! (AR) 1:30 Balance & Motion Exercise (AR) 2:00 Teatime! (AR) 2:30 Gardening Club (P) 5:00 Card Games & Puzzles (AR) 	<ul style="list-style-type: none"> 9:30 Morning Melodies 10:30 Classic TV Comedies (AR) 12:30 This Week in History (AR) 1:00 Activity Cart (E) 2:00 Ice Cream Social (AR) 3:00 Golden Oldies Sing-Along (LR) 5:00 Movie Night (LR)
<ul style="list-style-type: none"> 9:30 Spiritual Music & Hymns (AR) 10:00 Gentle Stretch (AR) 10:30 Virtual Catholic Mass (AR) 1:00 Concert Series 2:00 Sunday Snacks & Social (LR) 3:00 Sunday Movie Matinee (LR) 5:00 Evening Wind Down (LR) 	<ul style="list-style-type: none"> 9:30 Morning Connections (E) 10:00 Plant Patrol (E) 10:00 Sing-Along with Tom! (LR) 1:00 Patio Party! (P) 2:00 Ice Cream Social (P) 3:00 Movin' with Aaron! (AR) 3:30 Spa-La-La (SLN) 5:00 Card Games & Puzzles (AR) 	<ul style="list-style-type: none"> 9:30 Morning Connections (E) 10:00 Dancing Through the Decades! (AR) 10:45 Golden Oldies Sing-Along (LR) 1:00 Mixology: Mocktail Margaritas (DR) 2:00 Cinco de Mayo Happy Hour (LR) 4:00 The Support Circle (FR) 5:00 Evening Wind Down (LR) 	<ul style="list-style-type: none"> 9:30 Morning Connections (E) 10:00 Keep It Up! (AR) 10:30 Game On! Charades (LR) 1:00 Travelogue: Peru (AR) 2:00 Teatime! (AR) 3:00 Happy Hour with Live Music (SDR) 5:00 Card Games & Puzzles (AR) 	<ul style="list-style-type: none"> 9:30 Morning Connections (E) 10:00 Comedy Hour: Classic TV Comedies (LR) 10:30 Movin' with Aaron! (CR) 1:00 Discovery Hour: Carnivorous Plants (LR) 2:00 Snack & Chat (AR) 2:30 Crafting Corner: Crumble Paper Art (AR) 3:30 Axe Throwing (AR) 5:00 Evening Wind Down 	<ul style="list-style-type: none"> 9:30 50's Music Friday (AR) 10:00 Let's Cook! Peanut Butter Bars (DR) 11:00 Golden Oldies Sing-Along (DR) 1:00 Wheel of Fortune! (AR) 1:30 Balance & Motion Exercise (AR) 2:00 Recipe Reveal (E) 2:30 Gardening Club (P) 3:30 Game On! Board Games (AR) 5:00 Card Games & Puzzles (AR) 	<ul style="list-style-type: none"> 9:30 Morning Melodies 10:30 Classic TV Comedies (AR) 12:30 Cruise Crafts (AR) 2:00 Ice Cream Social (AR) 3:00 Golden Oldies Sing-Along (LR) 5:00 Movie Night (LR)
<ul style="list-style-type: none"> AD Mother's Day 9:30 Spiritual Music & Hymns (AR) 10:00 Gentle Stretch (AR) 10:30 Virtual Catholic Mass (AR) 1:30 Mother's Day Tea Party (AR) 3:00 Sunday Movie Matinee (LR) 5:00 Evening Wind Down (LR) 	<ul style="list-style-type: none"> 9:30 Morning Connections (E) 10:00 Plant Patrol (E) 10:30 Cruise Crafts (AR) 1:00 Patio Party! (P) 2:00 Ice Cream Social (P) 3:00 Movin' with Aaron! (AR) 3:30 Bean Bag Toss (LR) 5:00 Card Games & Puzzles (AR) 	<ul style="list-style-type: none"> 9:30 Morning Connections (E) 10:00 Dancing Through the Decades! (AR) 10:45 Golden Oldies Sing-Along (LR) 1:00 Scenic Adventures (SD) 2:00 Pop, Pop, Popcorn! (AR) 2:30 Bean Bag Toss (AR) 3:00 Storytellers (FR) 5:00 Evening Wind Down (LR) 	<ul style="list-style-type: none"> 9:30 Morning Connections (E) 10:00 Keep It Up! (AR) 10:30 Game On! Name Five 1:00 Travelogue: Germany (AR) 2:00 Teatime! (AR) 3:00 Happy Hour with Live Music (SDR) 5:00 Card Games & Puzzles (AR) 	<ul style="list-style-type: none"> 9:30 Morning Connections (E) 10:00 Music with Cherry & Jerry! (LR) 1:00 Discovery Hour: Robotics (LR) 2:00 Snack & Chat (AR) 2:30 Crafting Corner: Wind chimes (AR) 3:30 Bowling League (LR) 5:00 Evening Wind Down 	<ul style="list-style-type: none"> 9:30 50's Music Friday (AR) 11:00 Golden Oldies Sing-Along (DR) 1:00 Family Feud! (AR) 1:30 Balance & Motion Exercise (AR) 2:30 Gardening Club (P) 3:30 Game On! Board Games (AR) 5:00 Card Games & Puzzles (AR) 	<ul style="list-style-type: none"> 9:30 Morning Melodies 10:30 Classic TV Comedies (AR) 12:30 This Week in History (AR) 1:00 Activity Cart (E) 2:00 Ice Cream Social (AR) 3:00 Golden Oldies Sing-Along (LR) 5:00 Movie Night (LR)
<ul style="list-style-type: none"> 9:30 Spiritual Music & Hymns (AR) 10:00 Gentle Stretch (AR) 10:30 Virtual Catholic Mass (AR) 1:00 Concert Series 2:00 Sunday Snacks & Social (LR) 3:00 Sunday Movie Matinee (LR) 5:00 Evening Wind Down (LR) 	<ul style="list-style-type: none"> 9:30 Morning Connections (E) 10:00 Plant Patrol (E) 10:00 Sing-Along with Tom! (LR) 1:00 Birthday Party! (P) 2:00 Ice Cream Social (P) 3:00 Movin' with Aaron! (AR) 3:30 Spa-La-La (SLN) 5:00 Card Games & Puzzles (AR) 	<ul style="list-style-type: none"> 9:30 Morning Connections (E) 10:00 Dancing Through the Decades! (AR) 10:45 Golden Oldies Sing-Along (LR) 1:00 Cruise Crafts (AR) 2:00 Pop, Pop, Popcorn! (AR) 2:30 Axe Throwing (LR) 3:00 Storytellers (FR) 5:00 Evening Wind Down (LR) 	<ul style="list-style-type: none"> 9:30 Morning Connections (E) 10:00 Keep It Up! (AR) 10:30 Cruise Crafts (AR) 1:00 Travelogue: Hawaii (AR) 2:00 Teatime! (AR) 3:00 Happy Hour with Live Music (SDR) 5:00 Card Games & Puzzles (AR) 	<ul style="list-style-type: none"> AD Cruise to Hawaii 9:00 Pineapple Coconut Ice Cream! (DR) 10:00 Coconut Cardio with Aaron! (AR) 10:30 Palm Tree Limbo (AR) 1:00 Paradise Hula Party (LR) 2:00 Tiki Bar Happy Hour! (DR) 2:30 Coconut Bowling (DR) 3:00 Crafting Corner: Paper Leis (AR) 5:00 Ukulele Live! (LR) 6:30 Discovery Hour: Volcanoes of the Hawaiian Islands (LR) 	<ul style="list-style-type: none"> 9:30 50's Music Friday (AR) 10:00 Let's Cook! Strawberry Banana Fluff Salad (DR) 11:00 Golden Oldies Sing-Along (DR) 1:00 Wheel of Fortune! (AR) 1:30 Balance & Motion Exercise (AR) 2:00 Recipe Reveal (E) 2:30 Gardening Club (P) 3:30 Game On! Board Games (AR) 5:00 Card Games & Puzzles (AR) 	<ul style="list-style-type: none"> 9:30 Morning Melodies 10:30 Classic TV Comedies (AR) 12:30 This Week in History (AR) 1:00 Activity Cart (E) 2:00 Ice Cream Social (AR) 3:00 Golden Oldies Sing-Along (LR) 5:00 Movie Night (LR)
<ul style="list-style-type: none"> 9:30 Spiritual Music & Hymns (AR) 10:00 Gentle Stretch (AR) 10:30 Virtual Catholic Mass (AR) 1:00 Concert Series 2:00 Sunday Snacks & Social (LR) 3:00 Sunday Movie Matinee (LR) 5:00 Evening Wind Down (LR) 	<ul style="list-style-type: none"> AD Memorial Day 9:30 Morning Connections (E) 10:00 Plant Patrol (E) 10:30 Memorial Day Trivia (AR) 1:00 Crafting Corner: Memorial Day Suncatchers (AR) 2:00 Ice Cream Social (P) 3:00 Movin' with Aaron! (AR) 3:30 Bean Bag Toss (LR) 5:00 Card Games & Puzzles (AR) 	<ul style="list-style-type: none"> 9:30 Morning Connections (E) 10:00 Dancing Through the Decades! (AR) 10:45 Golden Oldies Sing-Along (LR) 1:00 Scenic Adventures (SD) 2:00 Pop, Pop, Popcorn! (AR) 2:30 Bean Bag Toss (AR) 3:00 Storytellers (FR) 5:00 Evening Wind Down (LR) 	<ul style="list-style-type: none"> 9:30 Morning Connections (E) 10:00 Keep It Up! (AR) 10:30 Game On! Word Scramble (LR) 1:00 Travelogue: Yosemite National Park (AR) 2:00 Teatime! (AR) 3:00 Happy Hour with Live Music (SDR) 5:00 Card Games & Puzzles (AR) 	<ul style="list-style-type: none"> 9:30 Morning Connections (E) 10:00 Comedy Hour: Classic TV Comedies (LR) 10:30 Movin' with Aaron! (CR) 1:00 Discovery Hour: The Amazon (LR) 2:00 Snack & Chat (AR) 2:30 Crafting Corner: Leaf Art (AR) 3:30 Bowling League (LR) 5:00 Evening Wind Down 	<ul style="list-style-type: none"> 9:30 50's Music Friday (AR) 10:00 Let's Cook! Funfetti Cheesecake Cups (DR) 11:00 Golden Oldies Sing-Along (DR) 1:00 Family Feud! (AR) 1:30 Balance & Motion Exercise (AR) 2:00 Recipe Reveal (E) 2:30 Gardening Club (P) 3:30 Game On! Board Games (AR) 5:00 Card Games & Puzzles (AR) 	<ul style="list-style-type: none"> 9:30 Morning Melodies 10:30 Classic TV Comedies (AR) 12:30 This Week in History (AR) 1:00 Activity Cart (E) 2:00 Ice Cream Social (AR) 3:00 Golden Oldies Sing-Along (LR) 5:00 Movie Night (LR)
<ul style="list-style-type: none"> 9:30 Spiritual Music & Hymns (AR) 10:00 Gentle Stretch (AR) 10:30 Virtual Catholic Mass (AR) 1:00 Concert Series 2:00 Sunday Snacks & Social (LR) 3:00 Sunday Movie Matinee (LR) 5:00 Evening Wind Down (LR) 						

Announcements!

Mother's Day Tea Party!
May 10 at 1:30PM Join us for tea and cookies!

Cherry & Jerry Live! May 14 at 10:00AM

Allegro at Sea! Join us for a cruise to Hawaii!
Games, food, and entertainment! May 21 All Day!

All Activities Are Subject to Change

Locations

- SDR = Symphony Dining Room
- SD = Scenic Drive
- LR = Living Room
- FR = Family Room
- E = Ensemble
- DR = Dining Room
- AR = Activity Room
- SLN = Salon
- P = Patio